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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING
601 East Carl Albert Parkway, McAlester, OK 74501, (918) 426-6220 or (800) 568-6821, Fax (918) 426-3245
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If you are receiving this newsletter in error or no longer wish to receive it, give us a call and we will remove you from our mailing list.

If you are trying to go green and would like to help save trees, check out our newsletter at oilnewsletter@oilok.org

OIL STAFF

Leanna Amos, Service Management Specialist has been with OIL since 1988.
Stephen Strickland, Independent Living Specialist has been with OIL since 2000
Deanna Cheek, Independent Living Specialist has been with OIL since 2010.

Information/Referral: Do you need information on; Housing, Education, Health and Social Services, or Attendant Services? Are you interested in social/recreational groups?

Independent Living Skills: Do you need information on; Computer, Reading, Typing Skills, Money Management, or Household Management, Employment?

Peer Counseling: Do you need Information on; Individual, Peer Support Groups, or Family Counseling?
If so, feel free to contact any of these staff members.

FREE DENTAL CARE AND OIL IS PROVIDING FREE TRANSPORTATION IN MCALESTER



The Oklahoma Mission of Mercy (OKMOM) is a free, two-day, dental clinic open to people of all ages and backgrounds. It is specifically designed for people that are uninsured, underinsured, or would otherwise not be able to seek dental care.

Location: S.E. Expo Center in McAlester

Dates: February 3rd & 4th

Starting: Doors will open at 5:00 a.m. each day

Closing: Doors will close each day when capacity is reached

Services provided:

Fillings
Extractions
Cleanings
Root Canals
(Dentures are not available)

How Do I Qualify/Register?

The first 1,000 people through the doors each day qualify. It's that easy.

- No Pre-registration
- No Prequalification
- No Payments or Insurance required
- No Income guidelines

All ages will be seen but if you are under 18, you will need a parent or guardian present.

Each patient will undergo a simple medical exam at the start. Some things that could prevent you from being treated include:

- a. having a fever at the time of treatment
- b. uncontrollable, abnormally high blood pressure
- c. excessive bleeding in the past

How early should I arrive?

The doors will open at 5 a.m. Regardless of when you plan to arrive, please keep the following in mind:

- o Patients will not be allowed in the building before 5 a.m.
- o If you decide to stand in line, it will be very cold

outside so DRESS APPROPRIATELY.

- Collapsible chairs, blankets and sleeping bags will be allowed. However, you may not have a chance to return them to your car and will need to carry them with you throughout the day.
- Tents will not be allowed. No exceptions.
- Security and restrooms/portable toilets will be available.

Can someone come with me while I am being treated?

You are welcomed to bring a friend or family member but we will require them to go to a family/friends waiting area as soon as you enter the building.

My entire family needs to be seen. Is that possible?

Yes.

Will breakfast/lunch be provided?

Yes. We will serve breakfast and lunch to all patients waiting on treatment.

What should I bring?

We recommend the following:

- *List of current medications
- *One day supply of medications
- *Baby supplies for a full day (diapers, formula, etc.)

OIL will be providing free transportation in McAlester on both days so call and request a time slot. Please don't pass up this rare opportunity for free dental care!

FREE TAX ASSISTANCE

The VITA (Volunteer Income Tax Assistance) Program provides free assistance to anyone under \$50,000 annually

with basic income tax preparation. The program helps determine if you are eligible to receive the Earned Income Tax Credit and any other credits available. They prepare a simple tax form and then E-File it for you. The service is free to those who meet the income guidelines. There are two places where you can be helped.

Ki-Bois Community Action started assisting in January and will continue through April 17th but you must have an appointment. You can reach their offices by calling; Pittsburg County 918 423-3525 Haskell County 918 967-3325 LeFlore County 918 647-3267 Latimer County 918 465-3381

The Southeastern Public Library in McAlester also offers free tax assistance and volunteers will be available starting in early February from 9:00 – 4:00 p.m. on a first come first served basis. Call 918 426-0930 for details or for information on the library program in your area.

PARENTS CENTER OKLAHOMA CONFERENCE

The conference "Building Relationships...Creating Successful Change" Friday, March 2nd from 7:30 - 5:00 p.m. in Midwest City. Family Members/Individuals with Disabilities: \$20 (is fully refundable upon attendance of conference) which includes a Continental Breakfast & Lunch.

The Sheraton Hotel has reserved a limited number of rooms for participants at a special rate of \$82.00 per night, single/double. Reservations must be made on or before February 8, 2012 to qualify.

A limited number of \$50 scholarships are available for participants with financial need, with primary consideration given to individuals with disabilities and their families. The stipends are available on a first come, first serve basis and the deadline to apply is February 10, 2012.

Sessions to choose from are:

1. Section 504 and the Education of Students with Disabilities
2. How to Begin Building an Effective Parent Involvement System in Your District
3. Creating Effective Learning Environments I: Applying the Laws of Behavioral Learning in the Home, Community, and Classroom
4. Essential Skills for Engaging Conflict: Six Conversations in Support of Effective Collaboration
5. Project SEARCH: DRS Transition Program for Youth with Disabilities
6. Part C Regulations
7. FAS/FASD and related symptoms
8. "AIM for Student Success" How Accessible Instructional Materials and AT Can Improve Student Success
9. Opening the Right Doors: A Guide to Community Services in Oklahoma
10. Rtl: Creating Successful Change through Multi-tiered Interventions

For more information or to request an application please call 877-553-4332, e-mail lcoats@oklahomaparentscenter.org, or visit www.OklahomaParentsCenter.org.

PRE-EXISTING CONDITION INSURANCE PLAN

The Affordable Care Act created this program to make health care coverage available to you if you have been denied health insurance by private insurance companies because of a pre-existing condition. This plan serves as a bridge until 2014 when insurance companies can no longer deny or limit coverage or charge higher premiums because of a pre-existing condition.

Eligible residents of Oklahoma can apply for coverage through the state's Pre-Existing Condition Insurance Plan (PCIP) run by the Oklahoma Health Insurance High Risk Pool.

To qualify for coverage:

- You must be a citizen or national of the United States or residing in the United States legally.
- You must have been uninsured for at least the last six months before you apply.
- You must have a pre-existing condition or have been denied coverage because of your health condition.

The PCIP covers a broad range of health benefits, including primary and specialty care, hospital care, and prescription drugs. All covered benefits are available for you, even if it is to treat a pre-existing condition.

To learn more about this program, please call 1-877-885-3717 or TTY1-800-735-2988 or go to www.bcbsok.com

VALENTINE'S DANCE

The dance will be on Friday, February 10th from 7:00 -10:00 p.m. It will be held at the Stipe Center, 801 N. 9th Street in McAlester. Bring your sweetheart or maybe come and meet one! Please bring a 2 liter of soda pop or a package of chips/store bought cookies. Call OIL for free local transportation.



SATURDAY TRANSPORTATION

OIL will take individuals anywhere needed in the McAlester area whether it is to visit friends/family or just to see an afternoon movie matinee. The cost is \$1 per stop. The dates are set for February 11th and 25th.

GAME DAY

We will gather at OIL on February 21st, at 1:00 p.m. to play games.



EQUIPMENT

OIL has several of the following items available for loan; walkers, canes, bedside commodes, shower seats, under the mattress handrails for a bed, and toilet seat risers. Call if you are in need of something.

OIL CLOSURES

OIL will be closed on Monday, February 20th in observance of President's Day.



Transportation

OIL provides lift-equipped transportation in McAlester and the surrounding area, Monday – Friday, 8:00 – 4:30. A twenty-four hour minimum notice is required. The cost is \$1 per pick up in McAlester and \$2 for Krebs and Frink Chambers. Outside this area, fees are based on actual costs of gasoline needed to provide the service.

*Prices are subject to change.



You can have the freedom that comes with living at home even though you have a long-term illness or disability. The Oklahoma Living Choice Project can help you move out of a nursing home and back into the community.

This project gives Oklahomans like you or your loved one more options to manage health care needs and adds more balance to the state's long-term care system.

If you live in a nursing home and qualify for SoonerCare, then Living Choice may be able to help.

Contact any O.I.L. Case Manager for a referral to the Living Choice Project at (918) 426.6220v/tdd.

*Events are held at OIL unless otherwise noted						
FEBRUARY EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <u>Shopping</u> 7:00 – 10:45am	3 <u>Free Dental Care and Transportation!</u>	4 <u>Free Dental Care and Transportation!</u>
5	6 <u>Mental Health Grp.</u> 1 pm	7 <u>Men's Grp.</u> East Gourmet 5 pm	8	9	10 <u>Valentine's Dance</u> Stipe Center 7:00 – 10:00 pm	11 <u>Saturday Transportation</u> 8 am
12	13 <u>Brain Injury Grp.</u> 1 pm	14 <u>Women's Grp.</u> 11:30 am	15	16 <u>Shopping</u> 7:00 – 10:45 am <u>OIL Social</u> Boomarang 5:30 pm	17	18
19	20 OIL CLOSED President's Day	21 <u>Game Day</u> 1 pm	22	23	24	25 <u>Saturday Transportation</u> 8 am
26	27 <u>Brain Injury Grp.</u> 1 pm	28	29			
<p>*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center *Alzheimer's Support Group, 3rd Wed., 12:00 p.m., Main & OK Church of Christ, 423-4743 *Cancer Support Group, 3rd Thur., 1:00 p.m., The Van Buren House, 426-5600 *Diabetes Support Group, 1st Tue., 6:00 p.m., MRHC Wellness Ctr. Conf. Room, 421-8656 *For information on Men's & Women's Grief Support Groups – call Hospice of McAlester at 423-3911 *Bariatric Support Group, 2nd Tue., MRHC Wellness Ctr. Conf. Room, 5:30 p.m., 421-6600</p>						

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 newsletter is
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